

## **Where to find information for patients at risk of adrenal insufficiency**

**Please note, it is the prescriber's responsibility to identify patients at risk of adrenal insufficiency and supply them with necessary information.**

### **TURAS**

- We would highly recommend completion of the [TURAS module](#) for all healthcare professionals working in NHS Grampian. Search for "Adrenal crisis: recognition, prevention and treatment".

### **General guidance**

- See linked document "[Is my patient at risk of adrenal insufficiency?](#)"

### **Sick day Rules**

- See linked document "[SfE Steroid sick day rules \(patient info\)](#)"

### **Steroid Card**

- The Steroid Emergency Card (Adult) can be ordered via the NHS Grampian Health Information Resources Service.
- An account is required before an order can be placed which can be set up through the website: <http://www.nhsghpcat.org/HPAC>.
- Following account set up the cards can be ordered using the website: <http://www.nhsghpcat.org/HPAC> or by emailing: [gram.resources@nhs.scot](mailto:gram.resources@nhs.scot)
- Card name: Steroid Emergency Card (Adult) Card code: L65136

### **Injection Training-**

- Teach the patient and or relatives/carers how to administer and self-inject hydrocortisone.
- Provide them with a Hydrocortisone Emergency Injection kit
- Suggested minimum contents of the kit:
  - 3x5ml Syringes
  - 3 x gauge 21 (green) needles
  - 3x gauge 23 (blue) needles
  - Non sterile gauze swabs
  - Provide a small sharps bin.
- Give outpatient prescription or ask GP to prescribe Hydrocortisone 100mg for IM use. Minimum 3 ampoules (previously known as Hydrocortisone Sodium Succinate (Solu cortef)100mg powder for Injections)
- If travelling with injection kit they will require a travel letter stating this is an emergency injection and requires to be carried on person

### **MDT Education Support for confirmed AI only**

- Steroid advice email: [Gram.steroidadvice@nhs.scot](mailto:Gram.steroidadvice@nhs.scot).

### **Testing for adrenal insufficiency**

- This is a complicated topic, especially for people who are already receiving exogenous steroid therapy.

- Adrenal insufficiency would be very unlikely when patients are on a steroid dose equal to or greater than prednisolone 5mg once daily (as this is a supraphysiological dose).
- We would not generally recommend cortisol testing in patients receiving exogenous steroid therapy.
- Link “Assessment of adrenal function using morning cortisol
- Link “Short Synacthen test”

#### **Useful websites**

- Addison's Disease Self Help Group (<https://www.addisonsdisease.org.uk>)
- The Pituitary Foundations' websites (<https://www.pituitary.org.uk>)
- Youtube video (Adrenal Crisis: when to give an emergency injection [https://www.youtube.com/watch?time\\_continue=12&v=NpIEMIschTg](https://www.youtube.com/watch?time_continue=12&v=NpIEMIschTg))